Hello, dear viewers, welcome to my channel, Lyubov Zavalnyuk. I'm so glad to see you. And today we have Igor Mikheda as our guest. Mr. Igor, Happy New Year to you.

Hello. Good afternoon. Happy New Year to you and our viewers. This is our first broadcast in 2026. Yes, we're starting; it's the first Monday of '26, and we're beginning it together with you. I'm very happy to see greetings from New York, New Jersey, Massachusetts. Our friends everywhere appreciate you. We're waiting for the charming Lyubochka and teacher Mikheda. God be with you. Ukraine has won. It's already obvious now. Greetings from Rivne region. God, thank you for such wonderful news in general.

I also want to say that it turned out we can now be watched in English. Mr. Igor, tell us about that.

Yes, we have friends in the United States of America who listen to all our broadcasts and say that they're very interesting; they translate them into English and share with their English-speaking friends. And this is Mr. Sergey—to whom great thanks. He fully translated our last broadcast into English so that the entire English-speaking audience could either listen to the audio or read the text. Today I posted on my social media how to do that. And huge thanks to Mr. Sergey. By the way, we're also translated into Spanish and Czech. So the topics we cover are popular. I get a lot of messages on my social media that our broadcasts with Ms. Lyuba are among the best and deserve to be studied.

Thank you very much, Mr. Igor. I truly get both moral and visual pleasure from our broadcasts. I know that each time we explore some new interesting aspect. For example, today is January 5, and tomorrow will be a very important day. Why is it so important?

Okay, I'll tell you. We remember that last year we finished with rituals dedicated to the winter solstice day—the longest night of the year. And almost all ancient cultures believed that on the longest night, the old sun dies, and higher powers create a new sun. That is, a new sun is born. This cycle is connected with the winter solstice. But then interesting events follow. From January 2 to 5—that is, today as well, ending the day—this is when the sun passes through the perihelion segment. What is perihelion? It's the maximum approach of Earth to the sun's surface. Earth's orbit isn't circular; it's more elliptical, like an egg. So there's perihelion—the closest point in Earth's orbit to the sun. We pass it every year from the 2nd to the 5th of January. And aphelion we pass around July 5–6, before Kupala's wedding.

And the fact that Earth approaches closest to the sun's surface—this was known to all ancient cultures, Vedic and Native American, for example, have the same. And across the whole Earth, priests were also astronomers. They observed cosmic phenomena, and all major energy surges—so-called power days and religious holidays—were appointed to those points where there's a huge energy release into space. That is, Earth from the 2nd to the 5th right now is also in perihelion.

What does this mean? Since we're approaching the sun, the sun's energy permeates all the water on and under the earth. That is, the sun gives its power to the water. And then this power will remain in all underground waters for about 14 days. So now in January, these are waters saturated with solar energy. 14 days, and in July saturated with stellar energy—also 14 days. Stellar water and solar water.

Now, starting tomorrow, the sun's power in water turns on—the perihelion is passed, and water will begin to radiate enormous energy. And this was understood by all priests in all countries of the world, both in the northern and southern hemispheres. I've been to South America, North America many times: Mexico, Peru, Brazil, Panama, and other countries. Even there, priests mark these 14 days. They call it sacred waters.

Almost all priests mandatorily descend into so-called cenotes. Cenotes are underground caves in limestone rocks. And in these caves there are underground lakes. And in these lakes they mandatorily bathe, meditate, perform rituals, because they know that precisely in these 14 days, water charged with solar energy gives this energy to people who perform rituals with sacred waters. These are 14 days of rituals with sacred waters across the planet. That is, not only here. This is a cosmic rhythm. It concerns the entire planet.

And the very first day when the waters are already charged and ready to give solar energy to people—that's January 6, tomorrow. Plus 14 days. It's precisely connected with this that people perform water rituals, immerse in water, especially in underground caves with underground lakes.

And so tomorrow—yes, I know—Eastern rite Christians overlaid their Epiphany on these dates. But Christianity has existed for 2000 years, while other cultures and religions on Earth have existed for more than 7000–8000 years. And in the pre-Christian period, all this was celebrated. The holiday that will be tomorrow, which our ancestors—ancient Slavs in their native faith—celebrated, was called the Day of the Sun, Moon, and Stars.

Why? Because the sun gives its energy, the moon also gives its energy—since the moon's energy is the same solar energy transformed into a different frequency. And the stars shine extraordinarily brightly. And precisely this ritual: when the first star appears, what did our ancestors do with the first star? They approached the well. Why? Because the well already has water consecrated by the sun. They drew water from the well and sprinkled it on each other to transmit the energetic power of charged water, the power of water, the power of the sun, and to bless one another. And this is the essence of this ritual.

Our magi who restore ancient Slavic native rituals call this day Vodokhreshch (Water Baptism). And it had this name even before the adoption of Christianity. Christians first tried to destroy pre-Christian holidays. And when that didn't work, they said: "If you can't defeat it, you have to lead it." That's exactly what they did: they made one ritual Christmas on the Day of the Sun, Moon, and Stars, and another Christmas right after the winter solstice night. But in reality, both dates have been present in all Earth cultures for millennia. And every priest of every religion knows how and what to do on these days.

That is, tomorrow we can at least start with such a simple ritual as sprinkling water on each other. This is an ancient ritual. The egregore of this ritual is very ancient, saturated with energy. It's thousands of years old. And therefore it gives very good results for healing and for everything else needed in life. That's one thing. But tomorrow will be an even more interesting day. Tomorrow the sun will pass 17 degrees of Capricorn.

What does this mean for Ukraine? I'll briefly repeat. Ukraine has always been under the influence of Taurus. Even in Trypillia times, the sacred bull was a cult figure. Taurus has always influenced Ukraine. But in Taurus there's the star Algol, which sometimes causes the positive influence of Taurus to wane and then restore. And this can be observed throughout our history: a huge state like Kyivan Rus, then decline like the Ruin, then revival, then ruin again. And this centuries-long alternation of enormous power with periods of destruction, then enormous power again, then destruction. This has been for many centuries, if not millennia.

But independence was proclaimed on August 24—that's already Virgo. And so Ukraine's heavenly chart, composed by most astrologers in the world from various schools, starts from the proclamation date of August 24. That's adding Virgo besides Taurus.

And if we take the ascendant of the independence proclamation, the ascendant is in Capricorn exactly at 17 degrees.

In some astrological schools, 17° Capricorn is a royal degree. That is, a degree where events are helped by the Almighty Himself—very strong influence of the Almighty's power and guardian angels. It's a royal degree. And it's exactly the 17th degree of Capricorn—the ascendant of Ukraine's current heavenly chart. Tomorrow we'll pass it.

And we'll pass it every year, around January 6. But tomorrow, what will happen? Tomorrow at this 17° there will be the sun and two more planets: Venus and Mars. And such a constellation has never occurred before.

Venus is about harmonizing life, right? It's the goddess Venus and her power—something similar to the Indian goddess Lakshmi, to the Slavic goddess Lada. That is, harmony, finding Lad (harmony). And Mars is power. It's when we move with power. And this gives an astrological influence such that finally, finally, we'll be able to turn something around, start turning some dangerous situation for us. These planets—yes, two planets and the sun at 17° Capricorn, which is the ascendant of Ukraine's heavenly chart—will give the opportunity for the cosmos itself to start changing the situation.

And we also remember that according to Ba Zi astrology, looking at Ukraine's independence proclamation day, there are two nodes: the demon of destruction and the heavenly healer.

The healer acts constantly in us—that is, higher powers will never allow Ukraine to be destroyed; they'll support it. That's good. And the demon of destruction is an attempt to destroy the system through an external enemy's attack—that is, external enemy attack plus corruption. That's how the demon of destruction acts. So, according to Ba Zi charts, in January 2026 the influence of this destruction node on Ukraine finally ends. You see, and that's exactly when it will start ending from tomorrow. And what we're already seeing—changes in the world that are really starting to work in Ukraine's favor.

Mm-hmm. And I want to say, tomorrow as a turning point—for those worried that everything will be good for us—we can ask higher powers to intervene in our situation and improve it. Well, regarding the country, I mean. Tomorrow will be exactly the day when this can be done. Mm-hmm.

I want to ask: tomorrow is such a magical day. And this period is so special. And we're seeing a lot of changes internally in Ukraine and externally in the world. Let's discuss these changes. It's impressive how much is happening. We have a new head of the President's Office, very big personnel changes. In this period, will these changes go for the better for Ukraine? How do you feel them?

First, internal changes will benefit Ukraine because finally those officials who did nothing will be replaced by serious people, including those with combat experience from the front. People who know how to do something concrete will replace them. Well, I mean appointments like Budanov's. Yes, that's very much, and others. The people now coming to power know how to practically, seriously, and practically implement ideas. By the way, they're all respected in the West, so that will be very good.

And the fact that the external situation is starting to work for Ukraine—yes, take Venezuela, for example. Everyone's discussing it now. I'll tell in our broadcast today what others don't know. The thing is, it's no secret that Venezuela was once a very developed country. Life was very good there until Hugo Chávez came to power and started worsening the situation. But then this Maduro.

First, Maduro was supported by Russians. They poured huge amounts of money to bring him to power and used mysticism in doing so.

The thing is, South American countries are very mystical. People there remember ancient beliefs, rituals. People remember how to interact with nature's forces. Very ancient knowledge has been preserved there—at least, for example, Cynthia Fains collected very serious knowledge in Bolivia, preserved in folk folklore for the last 5000 years.

Mm-hmm. So, they're mystical people. Maduro used this—first no one took him seriously. He came to Chávez's funeral. He was a bus driver then. He came and suddenly—whether someone suggested it or it was a Russian scenario—he came out and said that the deceased Hugo Chávez appeared to him in a dream. He saw a blue bird in the dream. This blue bird was swimming in water, and the bird said: "I am Chávez, I appoint you the next president and thus transfer power to you through a dream." And at first no one took him seriously. But when Maduro started saying that Chávez appointed him president through a dream, this mysticism worked for him. People started voting for him.

And second, Maduro said that his deceased great-grandfather appeared to him in a dream and also said he should run for president. And there, respect for ancestors and the cult of ancestors is very strong in North American countries. And simple people immediately thought: "If a representative of the world of the dead, a representative of ancestors, said he should be, then we'll vote for him." I talked to Venezuelans. They regret it afterward: "Why did we do that?" We thought everything would be good; he started causing hunger, shooting at demonstrators and protesters from tanks. Well, he became a dictator, and now we see full support from the Russian Federation.

That is, they used mysticism to control the masses. By the way, they're not the only ones. Various governments around the world use mysticism to control masses. Well, we remember the next president—because Americans, you know what they did?

They conducted their operation during perihelion, when the sun gives enormous energy to Earth. If you look, all their other military operations against Noriega and others—they always did during perihelion. That is, they have very good astrologers consulting the government. They clearly say when to act. And so, taking the star chart, in the best period—when stars are good—they carry out operations then. That's interesting.

Well, the thing is, yes, North America is a very interesting country. For example, I was at Machu Picchu on December 31, 2011, and presidents of two countries arrived near us: Bolivia and Peru itself. They performed a shamanic ritual there to cancel the end of the world expected in 2012. That is, presidents of two countries did it; I was present at all that.

Well, what does this give Ukraine?

First, what did the Russian Federation do with Venezuela? They took cheap oil from them and sold it at higher prices to other countries. All this filled the Russian Federation's budget, as well as narcotics—they had their percentage there too. Now this has stopped. Russia has started losing and will lose huge funds that won't go to the war against Ukraine. You understand, that's good. Mm-hmm. That's very good. And then regimes will start falling. All anti-Ukrainian regimes. Who recognized the annexation of Crimea? Cuba. Cuba will fall now. Why will Cuba fall? Because Venezuela won't help the Cuban government economically anymore. It won't. And it will collapse itself. Then there are already uprisings in Iran. And people want to overthrow the regime. This is also very beneficial for us, because who gave Shaheds to the Russians that fly over us every night? It's the Iranian government. Not the people—the people were against it. It's the Iranian government. The uprising is precisely against the Iranian government. And now various Gulf states want to intervene, because this Iranian leadership has annoyed everyone around the world with their endless terror acts. It's starting to crumble.

That is, we see the axis of countries against Ukraine starting to fall—they're all friends of Russia. And they're falling, and Russia is losing its influence in the world. It can no longer have such money, such defense technologies to continue destroying Ukraine. Ukrainians—they have no other choice but to somehow stop this. Or it will end with protests there, civil wars, because fights between different economic clans will start there. That is, we see the world situation starting to adjust in Ukraine's favor. God grant it continues, because it's exactly according to all these star charts. That is, it confirms that, despite criticism of astrology, it still has a rational core.

Mr. Igor, a question. Before the New Year, South American shamans made some predictions about politicians. There were figures of Zelenskyy, Trump, and Putin. Please tell us, have you heard anything about this?

Yes, they do this every December—before the New Year they bring out portraits of all world political leaders and try to make prophecies, divinations from these portraits. From these portraits—there was Zelenskyy's portrait, symbolizing Ukraine. They said that according to all prophecies, things should turn for the better.

But for Trump, they couldn't say anything bad. Nothing bad is predicted. Well, nothing strongly good either. So, neutral position. And for the Russian Federation—for the Russian Federation there will be a fall for someone in the Russian Federation.

Mm-hmm. What do you think—everyone's talking now that we'll essentially have a pinpoint Third World War? Which countries in the world might be at risk now, where it will be dangerous, and will this war start?

Mr. Igor, well, the thing is that tension will indeed be there. Well, it will be from February.

Mm-hmm. Yes, it will start from February, since the fiery horse will enter its rights according to the lunar calendar. That will be February 17.

Mm-hmm. And there will be a big eclipse.

Mm-hmm. And there will be a big eclipse—then the real fiery horse plus eclipse will start immediately. That is, there will be some big events in Asian countries.

Yes, not everyone thinks it will be world war, but for example, China might try, as it did before, to have some contradictions with Taiwan, Vietnam, well, Japan. Well, these could only be some local conflicts that won't lead to big wars and big fronts. But Asia will be strongly shaken. New wars could only be inside Iran, because now Iran's leadership is suppressing uprisings.

The people rose against the government they have. They try to suppress the uprisings, and other Middle Eastern countries, including Arab ones, want to intervene in these uprisings—whose behavior of all these ayatollahs has already annoyed them. And there could be a local conflict, but it will be controlled—that is, nothing terribly scary will happen. More tension will be in Asia this year. Well, but not this month. This month the eclipse hasn't come yet, which will primarily affect that region. And when will it be?

The eclipse will be February 17, exactly on the lunar New Year, when all Asia will greet the fiery horse. And on the same day the eclipse—coincidence of lunar New Year and eclipse and new lunar year coincidence—this is the first time, possibly even the first in human history or at least in our lifetime. All astrologers from all schools are already predicting that there will be some troubles there, and we need to prepare now. That is, events, tension, events will shift to Asia. And for us, starting tomorrow, improvement should begin. That is, various internal political situations, external political situations should gradually form a puzzle in Ukraine's favor.

But still, we must continue building our strength, developing, not relaxing—because that's the law: not to relax, because when ordinary normal people relax and normal nations—various dictators come to power.

Mm-hmm. Various dictators come to power.

Mm-hmm. And then we have the Third Reich, Iranian ayatollahs, such a Maduro, such a Putin, and all the others.

Mm-hmm. Mr. Igor, I have such a question: can this year be, you know, decisive in the question of which branch of reality we choose? Will we choose the path of war, or will these dictatorial regimes fall and we choose the path of reconstruction and peace? What do you think? If so, when might such a culmination moment be?

Well, this will be throughout the year. It will start—that is, the transition from constant attacks on us to the moment when it all ends and moves to restoration—should happen throughout the year already. By the way, this isn't just my forecast; it's how I feel. Almost all esoteric specialists in different countries, as well as

economists and politicians—they've all come to the same understanding that this will happen this year. That is, that it will happen this year—is it really felt?

It's felt, but I can't name an exact date because these are spiritual processes: ending one period, starting another. It's not specified by date in time. Well, it's not a train schedule after all. But it will be so, but it's already visible that it's starting to happen. And by the way, starting tomorrow we'll see some new moments that we didn't know before or the media didn't explain—tomorrow they should post some new information that will clarify the situation for us.

Just as we passed perihelion, starting tomorrow it should begin: the secret becomes manifest.

Mm-hmm. It becomes manifest. We'll learn a lot with you.

Mr. Igor, regarding the end of the war this year—Zelenskyy said today that the state must prepare for long confrontation. What do you think—is there a chance that Ukraine will finally be at peace? We want it so much.

Yes. But no one canceled that Ukraine must be strong. There's a proverb from Roman Empire times: "If you want peace, prepare for war. If you're prepared, if you have a combat-ready army." By the way, we didn't have that before—before Russia attacked, everyone relaxed after the union collapsed. No one seriously dealt with defense. That was a big minus. And there must be an army; it must prepare; new weapons must constantly be developed and created. There must be ironclad protection. That's mandatory in any case.

Those who see you're ready—if a person is ready for defense, there won't be an attack. This must be done. It was a very big minus that we didn't do this before, and now it's a lesson that we must constantly have, constantly build our strength so it can protect us at any moment from anyone. Today, for example, Russia is the main enemy. God grant it collapses and loses its army and power so it can't attack us later. That doesn't mean some other Russia will emerge in another part of the world and start threatening everyone and us too. That is, we must be constantly ready. We must not fall asleep. Well, those who fell asleep were strangled in their sleep. You understand? Not to sleep. That's right.

Mm-hmm. Mr. Igor, here they're asking about some maple leaves on January 8. Maple leaves, yes?

Yes. There's such a thing—I really collected beliefs about every day of the year, what rituals ancient Slavs did, our ancestors. By the way, ethnographers collected a lot of ethnographic materials. Almost every day for ancient Slavs was mystical. Precisely on the eighth, this ritual is recorded in many Ukrainian villages: eight maple leaves are hung like a garland in the house. These can be leaves preserved from autumn. And they can be drawn—drawn or cut from paper and painted. Indeed, eight. Well, I understand why eight leaves and not nine or seven. This is Alatyr—the main, well, Rod the Almighty. This was the main deity in all ancient Slavic spiritual traditions. It was the absolute, the same as Adi Brahman. All gods and goddesses.

Mm-hmm. All gods and goddesses were contained in Rod. And Rod manifested through all gods and goddesses. That is, when we speak with Veles, or Lada, or Svarog—it's still speaking with Rod. Just like Krishna, Shiva, Vishnu, Kali, Saraswati—it's all one Adi Brahman and no one else. The same here. And when Rod the Almighty wanted to create the universe, he turned into the Alatyr stone, which looks like an eight-pointed star. And he embodied in this eight-pointed star, and all universes stand on it. Alatyr is the Slavic name. Chintamani is the name of the same star in Hinduism and Buddhism. And in general, you enter a temple of any religion—even a shaman's altar somewhere in Africa or South America—and on the central stone there will be this star, because this star is a symbol of the Almighty. And it's believed that the Almighty Himself embodies in the eight-pointed star. And since this star has eight rays, that's why eight leaves.

Mm-hmm. Because I really analyze all beliefs I study—what people believe in, all rituals still preserved in villages—there's clearly this magical numerology present. Why eight leaves? And it's believed that on the

eighth some favorable force comes from cosmos to Earth. And if you hang these eight leaves, then this force where the leaves hang will be stronger. And, as they say, it will bless this house and those living in it.

Mm-hmm. By the way, in the edition Philosophy and Religious Studies.

Mm-hmm. It's free. It's an electronic edition of the Ukrainian Society of Philosophers and Religious Scholars. Search for "ancient Slavic ritual calendar." And there's a huge article fully. Every day is described—what to do this day, that day, this day. By the way, it's from that calendar—or its other name kolodar—that our listeners read about these maple leaves.

I explain that these are egregore codes. If you've forgotten, I'll tell what an egregore is. An egregore is an artificial spiritual entity, an artificial spiritual energetic entity created by our thoughts, and it embodies in the real physical world what we conceived. For example, we conceived to grow a garden—that's already an egregore; to make a park—that's an egregore; to build a house—that's an egregore called "build a house." It will collect all people's thoughts, their powers, possibilities, so people unite and build it. Similarly, there are holiday egregores. Every day something mystical happened. And when nature gave birth to power—and this can be called a holiday egregore or day egregore—there are prayers of our ancestors, their faith, some cosmic energies. Everything accumulates in the egregore. And then it seeks to give back the power it accumulated to people. And how to give? To receive this power, you need to apply the egregore's code. And what is an egregore code? These are the same rituals performed on that day. For example, on the eighth—maple leaves. And there are rituals where you must drink milk. And there are rituals where you must feed cows. And there are days where you tie a ribbon to a tree. That is, every day has its small ritual or several rituals. Our ancestors weren't lazy to do them to get help from these egregores created by ancient magi. And search for this article—I collected all these rituals by days of the year there, and you can add extra power by doing them.

Mm-hmm. Mr. Igor, now many people coming out of holidays start marathons, trainings. 2026. How can one start for oneself? Some even say you can do rituals to rewrite fate. How to launch a new cycle for oneself? How to even not change? Where do we know what our fate is? We don't know what tomorrow will be. Maybe today it's bad, and tomorrow we win a million. To improve one's fate. They say this year is a year of building good karma—that is, good deeds we consciously invest so they multiply in the world and in our life in particular. How now, with what rituals, to start this period for oneself?

Well, look, what is karma? So much is said about karma. I even saw authors who wrote nine volumes about karma—nine volumes, each about 400 pages. That is, by the time you read that book, you're already not here. Well, karma is so simple. A person does some good deed.

For example, even very simple: brought out milk and fed a kitten in the yard. Even that. Or saw an elderly person can't cross the road—helped cross or something else, something simple, and there are complex ones. And when we give to the universe some positive moment, some positive energy—it makes a circle through the universe and returns to the source. But while this karmic cycle happens, positive energy increases at least three times, at most ten. And when we get white karma back, we're immediately at least three times stronger. Then we do another good deed. It goes into cosmos, makes a turn, returns to us. And this doesn't happen over years—it happens instantly.

Well, for example, we prepare food as in the prasadam ritual. Prepare apples, tangerines, and offer to the Almighty. The Almighty accepts—immediately pressure on the head appears. After that, everything is sanctified, and people eat. That's preparing prasadam. Well, there's another ritual—puja, where Vedic worship is read, and nearby, for example, rice pilaf with fruits is prepared. And all energy arising during worship settles on that pilaf, and then everyone who participated must eat this puja. Well, I'm saying simple things.

So, energy. We just offered to the Almighty these tangerines—immediately pressure on the head and power increases. It increases about ten times. That is, you see, this is that same karma. We gave love to the Almighty and received love from Him—plus ten times more energy. That is, it acts instantly. A person can do something good and already tomorrow get thanks from the universe. Or do something bad and get hit on the head the next day. This doesn't stretch over years. For spiritual people, strong people, and ordinary people—it acts very quickly.

That's one. And second—you said everything correctly—we don't know what fate is for us, but we know that once, taking the Vedas, where did humanity come from? Humanity was born from the golden radiance of the absolute, golden radiance of Adi Brahman.

Vedic texts say that from the golden radiance of Adi Brahman came the first ancestors Shatarupa Manu and Svayambhuva Manu. And this was the first couple from whose family humanity descended. This is such a Vedic moment. And when they came out of the absolute, they came out genetically pure—in ideal form, because their genes were the golden light of Brahman himself. And their fate was very good. But humanity went through so many trials—different catastrophes, spiritual and non-spiritual—that now that original DNA of our ancestors no longer exists in that form.

And so, what do they do? Fate is some period of time in which something must happen to us. We imagine this fate and offer it to the Almighty absolutely from a pure heart with love. Just like tangerines, just like rice, just like puja. We offer our fate to the Almighty. It enters the golden radiance of the absolute, is corrected, and becomes like our ancestors had. And then we get the best fate possible. And then when we do this several times, we see life changing: a beneficial event forms there, there; we didn't understand something—now we start understanding; couldn't do something—now we can take and do it with our own hands. We start returning to the status of a person who is an embodiment of the absolute. That is, fate can be offered. This is exactly what masters do—the same molfars, the same brahmans. They introduce the golden energy of the absolute—Brahmajyoti, called mana, maha on Sanskrit, and with us rodosvit. They introduce the Almighty's power into fate. And the Almighty's power changes everything. That's how it's done. Listen, so interesting.

Well, I'll share from my own experience with viewers such an intimate part of my life. For me, 2025 ended very hard. I went through a very difficult karmic cycle. It went through the most painful—yes, the heart. And now I have this time of realization: where is my support? What is my support? Who am I and how to find a way out when your supports are completely destroyed? Were they strong at all? I know many people are in this situation. Different people write to me every day with their stories and come for consultations. And they also have lost old supports. For some it's work, for some society. Someone went to war, and no one waits at home anymore. Someone was abandoned before New Year to avoid giving a gift. That's true too. Someone was despised, someone delved into their childhood. We recently talked with a psychologist colleague, and she says: "You know, it seems like the world has gone mad. And now people's biggest fears, biggest pains are playing out, and karmic questions are closing by people losing—someone loses money, someone health, someone their circle. And people are left with destroyed internal supports."

Precisely in this time, what practices, what prayers will help a person return to themselves—and what does it mean to return to oneself and start life with a new habit? Like knowing oneself. How? I know you're a spiritual practitioner; you've gone through a lot in life. Can you give such advice: "Dear viewers, sorry for the lyricism—just politics is already up to the throat. Let's talk about what's happening in our lives. Honestly and openly."

Look, you said everything correctly. This is exactly the change—the break of epochs. The change of epochs that started in 2011 and must end in 2025. And this year should already be the first year of the new epoch. That's why these 13 difficult years that were—they are years of break, when everything must come out and everything from the old epoch must be destroyed so the new epoch can build something new. And that's why these 13 difficult years are the hardest—because the old is gone, and the new isn't visible yet. And what to rely on? But now the new epoch has already begun.

By the way, if you add all digits of 2026 and the ancient Slavic Vedic chronology 7534, all digit sums give one. Twice one in two countings—that means a new period really begins.

And where to find support? Support should never be sought in the external world, because the external world is very changeable. Today something is there—for example, leaves lie, tomorrow snow falls, then it melts. And if you rely on something, tomorrow it won't be there. And that's constant catastrophe. So what to rely on? On something unchanging. And what's unchanging in us? In ourselves is our own spirit. Atman—our own spirit inside us. It never changes. And precisely this spirit must become the support. Because everything—you can even check on yourself—if you give yourself an attitude inside, for example, everything is good, I'm strong, I'm beautiful, people respect me—after some time you walk somewhere, and everyone smiles at you, and at work they say: "How pleasant to work with you." And really the external world starts behaving as you set spiritual power inside—affirmation for spiritual power. As you set it, the external world starts behaving that way, because light is inside us, God's presence is also in the heart chakra—anahata. God is present inside us, and He creates the world—no one else. Just allow Him to create. And then don't take external circumstances as something that should influence you.

There's no support on external circumstances—on yourself.

And then even closest people will always help you. Why? Because the same God is present in their heart chakra too. And they also feel this light. And they simply won't want to do anything bad to you. They'll want to be with you and develop. Close people won't be an obstacle, because support must be only inside—on one's own powers, one's own spiritual powers. Humanity has never had another support. If we rely on some idols, some people we like, listen to some journalists we like—he speaks normally today, tomorrow something happened to him. Said something untrue, you took the information to action—and crash. After that many people want to catch that journalist and spank him.

You understand—as soon as we rely on something external and changeable, it exists for some time, then collapses—because nothing stable in the world. All stability is inside our spirit. Precisely there we need to find support, because there's simply no other support. Any other support will collapse, but your spirit will never let you down.

Mr. Igor, here's another question from Nataliya. They say that on Epiphany the heavens open. Is that true? And if so, when exactly—January 6 or 19? Maybe it's about this corridor you mentioned?

Well, look—if we take ancient traditions, say Vedic—it's believed that the gates of heaven open every time on power days. And power days coincide with huge cosmic events. And by the way, not only heaven's gates open—two gates open, because we forget that in all ancient traditions there are gods of heaven and goddesses of earth. There's Shiva, there's Shakti. That is, there's a gate to gods and a gate to Mother Earth—to goddesses. Yin-yang, right-left. And on all these moments both gates open—as the goddess's gate, Shakti's gate, and heaven gods' gate. Energy comes out both from heaven and earth. And that's why practices are done, because both components of universal power are manifest.

Mm-hmm. And tomorrow it will be so already. You see what holiday it was called among ancient Slavs: Sun, Moon, and Stars. And Stars. That is, sun as god-sun—male beginning. Moon—female beginning, goddess. Stars—results of their interaction.

Mm-hmm. Mm-hmm. Listen, what an interesting, very important, cool moment now. Viewers also write: "Will you do any water-related rituals tomorrow?" Well, I always do water rituals, but the thing is that all 14 days all priests of all world spiritual traditions do rituals with sacred waters. If someone wants to order these rituals, you can write to me in private messages. But the main ritual—the egregore of tomorrow's ritual—I told you: from the well.

For those without a well, perhaps in a bucket draw water in an apartment—so it's clean water, because tomorrow it will already radiate solar power—and sprinkle each other with this water.

How many times? Well, our ancestors—5, 7.

And you'll feel—after sprinkling with water—your energy will rise so strongly that I tell you, after this ritual energy rises so much that even people in depression, walking dissatisfied, in some depressed state—they start laughing, dancing after that; it seems inadequate to themselves, but it's good inadequacy, because finally some stagnant energies that hinder can go and open an internal gate so good energies start coming out from inside us and finally change everything in our favor.

That is, tomorrow I can actually make solar water—if I take clean water, pour it into a bowl. I have such a beautiful golden Tibetan bowl I use for sound meditation. Strike the bowl, nullify it, structure it, put in the sun, charge—and in the evening I'll have solar water.

No, no need to put in the sun. It will be solar even if it stands at home, because turning on solar energies inside water will happen automatically as perihelion ends.

And this water—can it be stored? I store water from the Nile, from bushes, from springs. Can it be stored to use in rituals later?

Why not? It can be stored. The thing is—I said—our ancestors believed that tomorrow solar energy already enters all waters on Earth, including underground. So they drew from the well. This is when twilight already, when sun sets—and sprinkled each other. That is, precisely when the sun was setting at that time. Now that's around 5 p.m.

Mm-hmm. In what rituals is such stellar water usually used? Rituals for multiplication, opening something good, or for cleansing?

Look, for any rituals. That is, what is solar energy? Whether we want it or not—the sun is the main energy source in the solar system. And all processes happening are fed by solar energy. That is, if the sun is strong, solar energy—we're healthy. We have mental health, physical health, creativity helps, understanding all situations, performance, success. Everything intensifies because all these spheres come from one source. One source intensifies, and then whatever we need—energy goes there. That is, like a socket. You can plug a computer, flashlight, washing machine into a socket. But you see—whatever you plug in, it all needs the socket.

Mm-hmm. The energy source. Similarly, this solar energy is the primary source feeding all spheres of human life. And getting this impulse means intensifying simultaneously all spheres we work in—energy will go to each.

There Ms. Nadiya writes: "Water, all water is consecrated—storage two years." I can't store two years. On rituals it runs out so fast for me. I just drew a bottle of lunar water or from a holy spring—two months max. All, need a new one. I'm like, God, where to get such water for every ritual—because when you work with elements, you need constant water on the altar anyway. So for me—take and drag this big bottle. I also constantly use water in matters. Though as a brahman I can consecrate water by Vedic ritual. In all world religions it's the same—gandharvas are invoked. Gandharvas are spiritual beings connecting divine and physical worlds. And when they come, they create channels through which divine energy enters water. And the thing is, gandharvas are the same Christian angels or ancient Slavic dasuni. They have many names in different spiritual traditions. Well, it's one and the same. And they can lower divine energy onto water as much as needed so water acquires such properties: doesn't spoil, stands long, promotes human healing. If something bad happens in the house—sprinkle with this water and the bad disappears. Same at work. And this can be done independently, even every day.

And best—to offer water to the Almighty. Offer water to the one highest from a pure heart with love. Or to Rod the Almighty and all gods and goddesses contained in him—offer this water. After we offer it, pressure on the head appears. Higher power heard us. This pressure lasts about 5 minutes. This is a gate in time, energy gate in time. After the gate closes—water is consecrated. This is already prasadam. When we drink this water, we drink divine energy with it. And this is very useful. And it can be used in rituals. And don't forget to offer water—because it also intensifies and consecrates from this.

Vedic tradition in general—Slavic or Hindu—always offers all drinks and all food before consuming. First offer to the deity, then consume. Even some life events and rituals are mandatorily offered to the highest—and fate, as we said today—and everything in general is constantly offered to the Almighty. This should be like a habit, automatic. And then higher energy enters our life—our life really starts improving. Well, and this is work best done every day—but it's not hard to offer water. Well, yes.

Mr. Igor, now I know what our next meeting with you will be about. Let's talk in the next meeting—both private and personal—about working with elements. How to work with elements: water, fire, air—what rituals with water, how to consecrate ritual water, how to work with invoking fire element, how to work with air, how to work with earth. I know you partially address this when giving seminars, and here just to make such an elemental seminar—I think it will be wonderful.

I also think a seminar dedicated to elements needs to be done—but there are still some elements in Vedic tradition: 10 elements—four we listed and six more cosmic, total 10 by Dasha Avatara. And few know those elements, but they're effective, present, and useful to interact with them too. Good.

You know we already had an elemental seminar and you gave where these elements are in the body. But let's talk—No, those weren't elements. Those were not elements. That was Dasha Avatara. That was 10 divine poles, 10 incarnations of God, 10 incarnations of human soul, and so on. Those were souls, spirits, divine manifestations. Elements weren't there. We only said they correspond to elements too. But the full picture with elements we haven't dissected yet.

I want to propose meeting in February—in January or end of January, as convenient for you. I think we'll choose a date, dear viewers, if you want. I think we need to choose a date because there will be a huge power day February 1. This is the birthday of light. Light. You remember that in the cycle—on the longest night light from sun died and new sun was created. Old light dissolved in darkness. New light was born. This new light gains strength. And it gains strength to the level where it can illuminate and support itself. Precisely this happens February 1.

This is many big holidays among Scandinavians, Celts, Wiccans—in different world religions. Among Koreans it's generally New Year—Solal. And everyone does the same: candles are lit. And among ancient Slavs it's Hromnytsya—thunder candle is lit. It has white color and must protect the household and apartment from various bad events, earthquakes, fires. Well, people who made such a candle—thank God—Shaheds bypassed them. That is, this is an ancient Slavic protective amulet that can be made—so I think we need to do it either before Hromnytsya itself or right after, because there will be a very big release of light energy into space.

Look, February 1 falls on Sunday. January 31 is Saturday, 30 is Friday. Tell me please—how about Friday for you?

I think it's fine, so we tell people everything, and people can practice on February 1 already.

Yes, then, my dear viewers, tomorrow in the Telegram channel Magic Chancellery, in my Telegram and Igor Mikheda's social media you'll see information about this event. I'll book, if possible, the hall we were in—because it would be great to do the event there. By the way, we can light a bonfire there, work with fire

element, and hold a candle master class. I think it would be very interesting. Why not? Set up tables. I have beeswax. We can make candles. And I have herbs for candles. And wick—everything, in short, I have it all.

Mr. Igor, write me a rider—what needs to be done. I'll definitely do it. I think it will be very interesting. And those who want to join online—right away I say I'll open offline and online. Those who want to join in online format—we'll just warn in advance what to bring and where to buy it. And you'll calmly participate in online and offline.

Very good idea, Mr. Igor. I'm very happy we agreed—because, you know, I'll reveal a secret to you. I have a sin before our subscribers. You know what? No, interesting.

And probably before you too—I built some bad karma. Last time we met in December—we planned a meeting for January, January 6. Imagine, I forgot. I had so many events and it was so morally hard for me before New Year. And I got caught up. And yesterday—yes, I'm in Kharkiv—Arthur calls, the venue administrator where we were: "Lyuba, will you be on January 6 with Mr. Igor?" I remember—God, I just completely forgot. So let's absolutely seriously plan for January 30 with you.

Well, nothing—you understand? Higher powers know what they're doing. Perhaps this way it will even be better. And I'm very grateful to our viewers for support. The thing is, our film "Ribbons of Wishes"—by the way, a significant part filmed in Ukraine, at our power places—got third place at an international film festival in Australia. And now the project I'm leading—that is, filming films about energetically charged places in Ukraine. Our films got awards in the last two years in all six parts of the world: Africa, South America, North America, Europe, Asia, and Australia.

That is, in all six continents our films won at strong film festivals. Well, this is a very big result—because no one believed Ukrainian films about Ukrainian places of power could win international film festivals. No one took it seriously. And we somehow filmed films in such a way that we got all these awards. And you can also congratulate me—because there's still no director in Ukraine who films about places of power and has awards in all six continents.

Many, many people have already congratulated me a lot. But we don't stop there. We'll continue working. And, you know, there's a free magazine "Repositories of Power" with interviews with practitioners, shamanism studies—and you can read information for free. If anyone wants—just search "repositories of power" in any search engine and you can read. Our last magazine was already read by 90,000 readers in November. You see, this is important, timely.

Thank you very much. I congratulate you on the awards. Thank you. Thank you for sharing. Thank you for your work.

Thank you, dear viewers, for this wonderful Monday. It was very, very powerful, interesting, sincere, open. And tomorrow I'll post all the information. You'll be able to see it. On January 30 we're ritualing together. Please wait—by 12 o'clock. Tomorrow I'll prepare everything, post everything, and we'll gather with you to ritual, make miracles, study working with the surrounding world.

Mr. Igor, thank you. Thank you. Thank you to our viewers. They write such interesting, deep, philosophical comments—attempts to understand life, some hidden moments we don't notice but don't want to talk about. But we still talk, bring them to God's light to work through them. Well, it's getting more and more interesting with each broadcast.

Thank you all again for the New Year. And you see, Mr. Igor—you're the only one who dared to consider the situation with Trump from a magical point of view, and you gave so many valuable predictions. We'll watch. Hugging everyone too.